



Bread And Butter



Date: 24/May/2020

Measurement: 10 x 10

Time: N/A:N/A

Players: 15

Duration: N/A

Level: U8 - U18

Objective: Score first. Transition to attack quickly, or defend quickly. And of course, get two goals.

Description: 3 teams are competing to stay on the field. Each game is a set time or two goals. (Whichever happens first) The game is slightly tricky for first time players. When a team scores, it's "make it, take it". The scoring team collects the ball from the goal they just scored on, then turn around & attack the goal they were just defending. If the time is over, & it's tied, the team that scored first stays. If the game is 0-0 then rock, paper, scissors to decide. The team waiting enters the game after the 2nd goal right away. Winning team starts, no waiting.

Coaching Points: Keep the ball moving. open up for teammate who has the ball. Make a run to get in behind the defence. Transition quickly.

Progression: Add Hitters Gitters. this means if shooter misses they must get the ball they shot & the ball next to the goal is used to start play while other ball is being retrieved (A save does not count as a missed shot) Have only 3 soccer balls available. One game ball and a ball next to each goal.